

September 2008



Did you know...

- Cooked beans will stay fresh in the refrigerator for approximately five days.
- For a different taste, add celery soup to the green beans.
- Boiling whole green beans instead of cut up ones will retain 50 percent more of the nutrients.
- Beans contain 22 percent protein.
- To prevent beans from becoming mushy, try adding a small amount of baking soda to the water while they are cooking.
- Cooked beans will store for up to six months in the freezer, but only four to six days in the refrigerator.
- If beans get too salty, try using a small amount of brown sugar.
- Eliminate gas producing from beans by adding a teaspoon of fennel seed to the water you soak the beans in.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Schedule of Events

September 6

Milford Riverwalk
'Freedom' Festival
Milford, DE
www.milfordchamber.com
10am-4pm

September 17 & 18

Mid-Atlantic Expo
Baltimore Convention
Center
Baltimore, MD
www.midatlanticexpo.com
11am-6pm

September 18

The Farmer & The Chef
Chase Riverfront
Wilmington, DE
www.thefarmerandthechef.com
5:30-9:30pm

September 24-26

IFE Americas
Miami Beach Conven-
tion Center
Miami Beach, FL
www.americafoodandbeverage.com
8am-6pm, Mon & Tues
8am-2pm, Wed